

The APACHE POW WOW

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But first, let me take a #Selfie



Collage by Favian Quezada

THE APACHE POW WOW STAFF (Clockwise) Comic artist Tyler Cabral, Entertainment Editor April Earl, Online Editor Kevin Ramos, Staff Writer Olivia LeVoy, Student Life Editor Melissa Renick, Feature Editor Nicole Acosta, Staff Writer Chloe Hodge, Verve Editor Sarah Trexler, Staff Writer Kati Fitzpatrick, Sports Editor Nathan Wright, Editor-In-Chief Cory McCoy, (Center) Managing Editor Favian Quezada, News Editor Brian Rhoads

Social media obsession puts new face on addiction

Favian Quezada
Managing Editor

Walking up to the second floor of Rogers Student Center there are people left and right, arms extended pointing phones at themselves smiling. Quickly checking their phones, they make sure the picture came out to their standards. It doesn't. They start to take the picture over and over again until it's perfect. Faking the smile over and over in the same pose aiming the phone just a little higher or a little lower, the definition of insanity comes to mind here.

They're taking what is known as a "selfie". Probably the most commonly used word in 2013,

so popular in fact, that the Oxford Dictionary inducted the word into their dictionary. This year, it has made its way back into mainstream, but not for likely reasons. The increased use of social media sites, such as Twitter, Instagram and Facebook, has brought a bigger awareness to people and their looks. It has also brought some not so likely problems such as addiction, and others that people could have seen coming a mile away, like narcissism.

Earlier this year, 19-year-old Danny Bowman from the UK, who has been diagnosed with body dysmorphic disorder, or where a person believes they have deformities that don't exist and obsesses over slight defects, was also

diagnosed with obsessive-compulsive disorder. Bowman was taking up to 200 pictures of himself per day for 10 hours straight. He also dropped out of school to pursue the one thing he had to have, the perfect selfie.

"Well that's ridiculous," responded Erin O'Quinn, a freshman and English major, when asked her initial thought on selfie addiction, "because I don't see how anybody can take 200 pictures in one day and just get that devastated over it."

In an interview with the Mirror News, Psychiatrist Dr. David Veale who helped treat

— see SELFIE page 6 —

All dogs go to Pet Haven

Helping to give dogs a
second chance at life

Cory McCoy
Editor-In-Chief

Nicholas Nash is anything but your typical teenager. At 14-years-old he runs a successful pet rescue operation, with a little help from his mother Cindy while he is in school, and is well on his way to reaching the funding needed to build a 100 acre no-kill pet shelter.

Nicholas, whose brother Luke Francis is a TJC student, started his journey last year when Luke's girlfriend told Cindy that her 99-year-old grandfather's dog had come up missing. Cindy took advantage of social media in order to help.

"What do you want more than anything for Valentine's Day?" Cindy asked Jack Ludovico. He responded by saying he wanted his pet of 10 years back, which was exactly what Cindy and Nicholas gave him on Feb. 14, 2013. This was the spark that set Nicholas down the path to creating Nicholas Pet Haven, which has since successfully found homes for more than 60 animals in East Texas.

"Mom, you don't have to do that," Nash said he told Cindy when he decided to take over the facebook page she had started. Shortly after, he started a page and a gofundme.com account for Nicholas Pet Ha-



Courtesy Photo

AND THEY CALL IT PUPPY LOVE Jack Ludovico hugging his Valentine's Day gift, which was Nash returning his 10-year-old dog, Max.

ven, which will eventually be the shelter they plan to build on his family's land near I-20. Nicholas' family so fully supports what he is trying to accomplish that they have already donated 20 acres of land and are considering selling their home in Tyler.

"I noticed that there was a lot of strays around our city (while running the lost and found page on facebook) and thought that I needed to build a shelter so that those strays would have a home," Nash said.

It is very important to the family that the shelter is classified as a no-kill shelter. After that, Nicholas has his sights set even higher. He wants to take the model found in cities like Austin, which is considered a no-kill city, and see if they can be applied here in East Texas. More details about the process can be found at nokillaustin.org. However, the Nash family believes that it is vital that students get involved with local organizations to make that kind of progress.

Last month while Nicholas was at school, Cindy received a message on facebook from a distraught student who had found out that the humane society was likely going to euthanize the pitbull puppy that was found on TJC campus. They were able to get the puppy, Max, back before he was put down and took him to the vet where they found a cancerous tumor under one of his legs.

— see HAVEN page 6 —

Life After TJC; transferring is not that hard

Nicole Acosta
Feature Editor

Many students come to Tyler Junior College as an opportunity to get started on their college degrees or because their grades weren't quite high enough for the four-year they want to transfer to. The reasons vary, such as a cheaper start rather than a university or simply unable to decide where to go. TJC is a two-year college that provides as many classes as you need to transfer or obtain an associates, while also offering you the college experience.

Taylor Stephens came to TJC part of the Athletic program but is transferring as a psychology major at Texas State. Once she gets there, she plans to change it to physical therapy.

"I have always wanted to go there, and it's closer to home and also, my parents are both alumni there," said Stephens.

Just like at a university, you have a degree plan and a core curriculum to complete.

"Ideally we want our students to get their associates degree. Which means they should be core complete and have the necessary hours, 60 hours," said Silvana Vierkant, lead academic advisor for humanities, communication, fine arts and is also

the lead advisor of the transfer center and honor program.

TJC credit hours should transfer to the school of your choice, so you will not have to repeat the same classes at your next school.

"All classes transfer, TJC is a credit school," said Vierkant.

"The process to transfer was easy, only required a few steps like sending my transcript, meningitis shot record, and financial aid. I also had to make sure all my classes transferred and that I had enough hours to transfer," said Stephens.

Azurell Thomas, an early education major is debating to transfer to University of North Texas in Denton or Texas Woman's University, also in Denton.

"The process is easier because I've already been through it when I applied to TJC, so I know what to expect and how to take care of things," said Thomas.

"My options are UNT or TWU because both are in Denton, and my mom is an alumni at TWU and my dad is an alumni at UNT, so both are in the family," said Thomas. "I looked for a school that had a lot to offer, and it's a new environment."

"Your last semester at TJC, students need to apply to their senior or intended school. Go to www.applytexas.org or go to your schools website to look at their requirements, it tells you step by step what to do. And submit all official transcripts from all college credits you received," said Vierkant.

For former TJC student Ani Umana the process to transfer to UT Tyler wasn't hard either, "The process like the paperwork, which was easy. I just applied through www.applytexas.org and had to send in all my paperwork. The difference between TJC and UT Tyler has been the class work is harder. I feel with more busy work and writing, especially junior and senior level courses. Also, culturally it is very different," said Umana.

Ani Umani was at TJC for two-years and has been working toward Mass Communication bachelors, focusing on Public Relations with a minor in speech education.

For another former student who transferred to UNT, the process wasn't very hard either.

"The process has been fun but challenging, however I go to a school that I really enjoy and the school work is not that hard but you do have to pay more attention than at TJC. I chose UNT because it's a good school and it was cheap. Plus their really good at helping you get jobs after school," said Chris Plummer.

What most students don't know is that it's not about what grade level you're in, your grade level is based on how many credit hours you have.

— see TRANSFER page 6 —

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Web Exclusives

Taking the perfect selfie
Managing Editor Favian Quezada shows us how to take the perfect selfie

Collegiate Financial Security
Feature Editor Brett Burks explores financial security as Financial Literacy Week begins

Questions or concerns? E-mail: tjcnews@tjc.edu

APW

THE OFFICIAL STUDENT
NEWSPAPER OF TYLER
JUNIOR COLLEGE

Editor-In-Chief

Cory McCoy
cmccoy1@email.tjc.edu

Managing Editor

Favian Quezada
fquezad2@email.tjc.edu

News Editor

Brian Rhoads
brhoads1@email.tjc.edu

Student Life Editor

Melissa Renick
mrenick1@email.tjc.edu

Verve Editor

Sarah Trexler
strexler@email.tjc.edu

Sports Editor

Nathan Wright
nwright19@email.tjc.edu

Photo Editor

Kevin Ramos
kramos@email.tjc.edu

Entertainment Editor

April Earl
april.earl@email.tjc.edu

Features Editors

Nicole Acosta
nacosta@email.tjc.edu

Glenda Alvarado
galvara1@email.tjc.edu

Brett Burks
bburks10@email.tjc.edu

Amber Jones
ajone148@email.tjc.edu

Comic Artist

Tyler Cabral

Staff Writers

Bianca Branham
Andrew Hill
Ed Dixon
Taira Edney
Kati Fitzpatrick
Hannah Fletcher
Michael Graham
Chloe Hodge
Namoni Jackson
Olivia LeVoy
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Crystal Saucedo

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LETTERS TO THE EDITOR

The Apache Pow Wow invites its readers to share views by writing letters to the editor. All contributions will be edited for grammar, spelling, length (300 words maximum), profanity and personal attacks. All letters must include the author's name, address, telephone number and academic classification. Editors reserve the right to deny publication of any letter. Letters should be e-mailed to tjcnnews@tjc.edu or brought to P204.

ADVERTISING

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Insecurities amidst bikini body season

Column

It's that time of year again. Spring has sprung, the sun is out and we're all ready to feel horrible about our tan or lack thereof. We all have our insecurities and they impact our lives in different ways.

Many people will never feel good enough and we will blame it on society and say there is nothing we can do about it. Those people are wrong. Dealing with insecurity starts with you. Like any mental health issue, the first step is recognizing you have a problem.

Unless an individual is willing to admit that maybe their self worth is based on false assumptions of what their body should be like, they can't begin to fix it. Change won't take place overnight. It's a long arduous process that can take years or a lifetime of struggle to deal with. That's the key though, it can be dealt with. It isn't easy, it hurts, you will fall down, but realizing that a misstep isn't failure.

So, why am I qualified to speak on this subject? At 27 years old, in the best shape of my life, I became disabled with no warning signs and nearly three years later, there are no solutions in sight. I know what it's like to struggle. I feel the eyes upon me every single day as I walk across campus having to rely on a cane or even a wheelchair. It isn't easy, but it can become manageable.

One of the most important milestones in dealing with insecurity is recognizing your self-worth. You are



Cory McCoy
Editor-in-Chief

good enough and you have no obligation to impress other people. You give them the power when you allow others to regulate how you feel about yourself.

There will always be days when a person with insecurities doesn't feel worthwhile. On these days, it's important that they begin to practice filtering those thoughts. Being able to tell yourself that it's just the insecurity talking can nip it in the bud.

A good support system is also pertinent. Cut the people who bring you down out of your life and pull in the ones who help lift you up when you're at the bottom. Believing that they're alone is one of the biggest challenges a person faces when dealing with self-esteem problems.

According to Livestrong.com, some key steps to facing adversity in the form of yourself are: take risks

and be able to put themselves in situations that make them feel vulnerable; take a rational, rather than emotional, approach to each problem; be open to the possibility of success and recognize and reward themselves for even the smallest accomplishments.

Other tips to dealing with lack of self worth are figuring out what your emotional triggers are and learning how to approach them. Honestly assess the negative impacts that self-esteem problems have had in their life. Figure out what steps they can take to overcome each issue. Identify and pull in close friends and family to function as a support group, who they are comfortable enough with that they can be honest with about the issues they are facing. Above all else, never allow others to regulate the way you see yourself in the mirror.

Never give up just because you've had a setback. Stumbling is part of life and we will all fall down. It is the decision to get up and keep moving forward that defines you as a person. You have the power to determine your self worth and control what affects your self-regard. It will not be easy, it will not be instant, but it is possible through hard work and perseverance.

As Sarah once said to Jareth the Goblin King in "Labyrinth", "You have no power over me."



Do you even Selfie?

Editorial

We've all taken one or know someone who's taken one at some point in our lives, the selfie. In today's world, we pay no mind to the thought of a person taking a picture of themselves. It's the 21st century, everybody does it, there's the mirror selfie, the workout selfie, the group selfie, the Ellen selfie, the one handed selfie and the "I need attention" selfie, the list goes on. They happen in restaurants, ballparks, hospitals, schools and the workplace.

There is now even a song about them, properly titled #SELFIE that took the number one slot on Billboard's Dance charts. Like all good things, selfies should be taken in moderation and in short intervals. One must know thy selfie or they can accidentally do selfie harm. Before getting all camera happy, look around. Enjoy whatever it is that you're doing that is about to make you, a human being, take a picture of yourself doing an activity that really no one else can see (or frankly cares about). Live in the moment, enjoy

that "now" moment. Taking pictures, by the way, has been proven to make you remember less of something you may have experienced. Think about that the next time you're about to snap your life away.

The word selfie, which has a place in the Oxford Dictionary, now also has a spot on the list of things that you can get addicted to and is also linked to Narcissism. Let's face it, the selfie is never going away. Deep down we're all a bit narcissistic and seem to want to stare at ourselves in awe like Narcissus, but we can't (Google him if you don't know who he was, I only have so much space). We have real life things to do. You may think the world revolves around you, but it doesn't.

So chill out on those Instagram selfies and go out and do something. I pose a challenge to you all, go out and do something this weekend, but leave your cell phone in your pocket. See how long it takes before you break down and pull it out. Then go to MYTJCNEWS.com to comment and tell us how long you made it and what you were doing. Better yet, take a selfie.



April Earl
Entertainment Editor



Melissa Renick
Student Life Editor



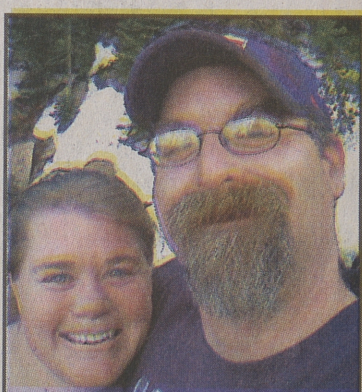
Nicole Acosta
Feature Editor



Brett Burks
Feature Editor



Hayley Cooper
Staff Writer



Rhonda & Nathan Wright
Social Media Editor
and Sport Editor



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Staff Writer



Crystal Saucedo
Staff Writer

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Poll Question

Should college athletes be paid for playing sports at their schools?

To Review The Results Of This Question,
Go To: www.myTJCnews.com

SELFIE

— continued from page 1 —

the teen, says that Danny's case is particularly extreme and "it's not a vanity issue. It's a mental health one which has an extremely high suicide rate."

The mental health condition has also been linked to narcissism or the love for one's own appearance.

A study done in March by the American Academy of Facial Plastic and Reconstructive Surgery revealed that one in three facial plastic surgeons surveyed saw an increase in requests for procedures due to patients being more self aware of looks in social media.

"One theory of how personality develops is Cooley's "Looking glass self". Through

interaction, children define themselves according to how they interpret how other people think of them," said Sociology Professor Ryan Button, "It is through the other that we develop a sense of self (or personality)."

Charles Cooley, an American sociologist and a founding member of the American Sociological Association, came up with the concept of the 'looking glass self' in his book "Human Nature and the Social Order."

The looking glass self, as defined by dictionary.com, is the self-image an individual forms by imagining what others think of his or her behavior and appearance.

According to this concept, people

change themselves around certain other people to become more of how they believe people see them.

Button breaks the looking glass self down into an easier way to understand the process.

"It is not what I think about me. (we only understand ourselves through the process of socialization) It is not what you think about me. (we do not have privilege into others mind to know what they are thinking)," said Button,

"It is what I think you think about me. (we are stuck interpreting what others think about us)."

TRANSFER

— continued from page 1 —

Students need a total of 120 hours for your Bachelors. As a freshman you have 0-30 hours, as a sophomore you have 31-60 hours, as a junior you have 61-90 hours and as a senior you have a total of 91-120 hours.

"Students have to make sure their credits will transfer and apply towards a bachelor's

degree," said Vierkant.

The top schools that TJC students transferred to as of 2011-2012 in the state of Texas are UT Tyler at 32.1 percent, A&M 7 percent, SFA 5.8 percent, UNT 3 percent, UT Arlington 2.2 percent, UT Austin 2.1 percent.

"What most students don't know is that TJC is in the process of developing a transfer center, career service center, computer set up and transfer resources," said Vierkant.

For more information or help with applications, go to the second floor of Rogers Student Center or to www.applytexas.org.

HAVEN

— continued from page 1 —

Nash said that they are always in need of donations ranging from puppy pads, dog food, help with fostering or donations through their gofundme account (www.gofundme.com/56cg3c).

"Get a group together ... make some fun out of it. Animals are therapeutic and living on campus you aren't allowed to have one, so by volunteering you're not only helping other people, you're helping yourself," said Hillary

Bowman, a social work major who volunteers with shelters in Florida where she is from.

Nash is currently in the running for help from the Ellen show's, "Kids with big ideas" segment, which singles out children and teenagers who are making significant impacts in their communities and helps fund their projects. While the local media attention alone has helped their name get around, winning this spot would "really put (them) on

the map."

The ASPCA's statistics show between 5-7 million pets are abandoned each year in the United States. According to the Humane Society's website, nearly 2.7 million of these healthy pets will be euthanized.

For more information about Nicholas Pet Haven, visit Nicholaspethaven.net, [facebook.com/lostcatsanddogsoftyler](https://www.facebook.com/lostcatsanddogsoftyler) or [facebook.com/pages/Nicholas-Pet-Haven](https://www.facebook.com/pages/Nicholas-Pet-Haven).

NEWS IN BRIEF

Fall Registration

Fall registration for the 16-week and first 8-week terms starts April 20. The first advising session begins April 22 and runs through April 24 in the Apache rooms. A second session will be open April 29 through May 1. Students should complete their FAFSA if they have not done so.

Need Resume Writing Help?

The Writing Center is holding walk-in workshops at 5-7 p.m. on April 23 and 24 in the Writing Center on the second floor of Vaughn Library. Bring your "in-progress" resumes and cover letters for writing assistance.

The Venue

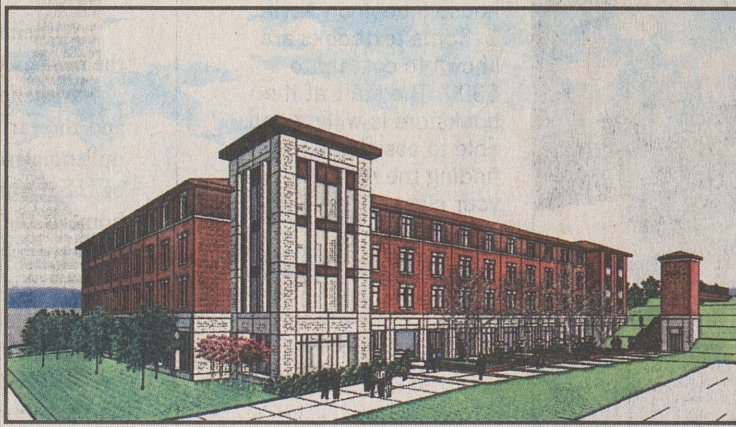
Good coffee, good eats and good performance art. Come on out to TJC's original coffee house "The Venue." Students are allowed to showcase their talents in poetry reading, prose, music, or any other type of performance art. Kind of like an "open mic night" without a mic. The event will take place from 9-11 p.m. on April 12, 2014 in the Jean Browne Theatre.

1. Sign up at "The Venue" with the M.C. and its first come, first served. There will be 1 slot per performer, with a 25 slot max.
2. TJC student I.D. required to perform, unless invited by the M.C.
3. 5 min time limit max!
4. No profanity, lude, rude, crude material!
5. Original works welcome, celebrated, admired and desired
6. Coffee & baked goodies on sale by Las Mas

Financial Literacy Week

April 14-17, Texas Bank and Trust will team up with TJC to bring a week's worth of events to students, aimed at enhancing financial understanding.

TJC breaks ground on newest residence hall, set to open in Fall 2015



X MARKS THE SPOT TJC officials are shown at the groundbreaking ceremony for the new residence hall on April 9. The new residence hall will house 248 students, and is slated to open in the fall of 2015. It will also be home to a Chick-fil-A, a game lounge and a resident laundry area.

Photos by Bianca Branham



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Guide for students to get deals on textbooks

By Melissa Renick
Student Life Editor

Knowing how college bookstores function can give students an advantage when it's time to sell books back or buy new ones. For many, just getting their classes paid for is a struggle without adding in purchasing textbooks. Textbooks are assigned in most online and campus classes at TJC, but the number of students not buying them may be surprising.

According to a survey conducted by the U.S. Public Interest Research Group, seven in 10 college students say they have not purchased a textbook at least once because they had found the price much too high. Learning the nuances of college and online booksellers can put students a step ahead of last minute issues with their finances.

"I don't blame students for not wanting to buy these high-priced books. We offer the option to rent them out, and that seems to be a better option for the students that don't have the desire to buy the higher priced books," said Ann Clower, manager at College Books in Tyler.

The survey conducted by the U.S. PIRG also showed that almost half of the respondents said they

factored in textbook costs when deciding how many or which classes to take.

"Lately we've had a sale on used books, usually around the beginning of each term ...," said Abraham Liceriol, worker at the on-campus bookstore in Rogers Student Center. "A few weeks before finals and on finals week is the best time to sell back a book to get the most money back."

College textbook prices increased three times the rate of inflation over the last decade according to a report by the United States Government Accountability Office. There was an 82 percent increase in pricing from 2002-2012 in the report.

Recent changes to federal law provide some relief to students, but more must be done to permanently curb textbook costs, it finds.

"I'm in my first year, so I've had to buy a couple of books, but I am prepared to have to spend a large amount on books in the coming semesters," said Ann Cuero, photography major at TJC.

"I've had friends that chose the rent option because they did not want to pay \$200 for a textbook."

—see TEXTBOOKS page 5—



ROGERS STUDENT CENTER BOOKSTORE

Sales Associate, Martha Deibel sells Kinesiology Major, Gina Sneed-Milhouse a book on April 1. Some textbooks are known to cost up to \$300. The staff at the bookstore is willing and able to assist you in finding the right book for your class.

Photo by Melissa Renick

Lack of sleep can cause more than just poor grades

By Hannah Fletcher
Staff Writer

Sitting in class, sophomore, Victoria Pulley listens and gathers notes while her professor talks about rock structures. She listens while the chalk board fades into a white fog. Her eyes slowly start to close and her head drops backwards, and then suddenly shoots forward jumping out of weariness. She takes a long drink from her coffee and shakes out the jitters in her hands and continues to write her notes.

"I have not been able to get a decent night's sleep in weeks because of my studying and extra activities that I am involved in," Pulley said. A full time student Apache Belle Dance Captain who has been putting in extra hours for the Drill team's annual spring production. "I am fighting staying awake all the time. I am so exhausted I feel like a zombie stumbling through my day."

According to Mayo Clinic Adult should be getting between 7 to 8 hours of sleep. Only 11 percent of college students get enough sleep, says Harvard Medical School. Not having the right amount of sleep can cause the brain to mix up factual information and procedural memories for example leaving the telephone in the fridge or trying to change the channel when the television is not on.

"I sleep around four or five hours per night," said Reese Turner, a transfer student from Sam Houston State University currently taking 18 hours at TJC. "I am so busy that I don't really notice how tired I am, honestly. I haven't noticed any changes in my personality but when I get sick or a cold it takes longer for me to get over it."

Not getting enough sleep can weaken the immune system says Brown University.

"My eyes have circles around them and I am little jittery but other than that I have not felt any side effects," said Pulley. "I haven't had any hallucinations yet."

Many students rely on caffeine to make up for the lack of sleep. Some doctors say that it is unhealthy according to WebMD. Drinking coffee in moderation shows that it can benefit health similar to drinking red wine for heart disease.

— see SLEEP page 5 —

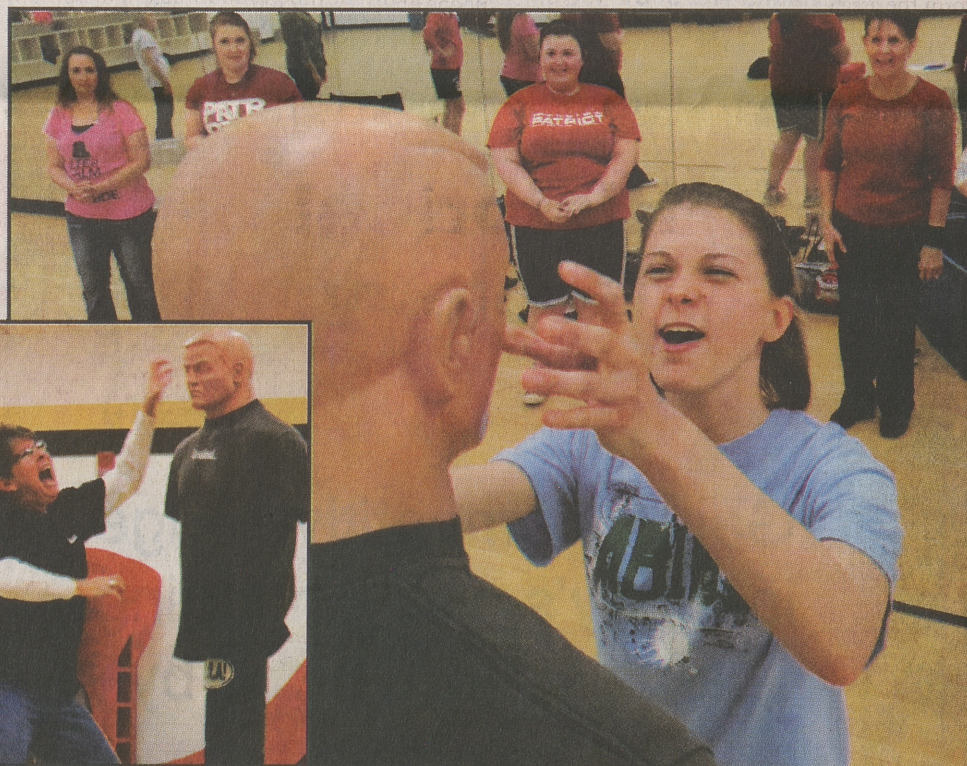
LACK OF SLEEP HEALTH EFFECTS

- Heart disease
- Heart attack
- Heart failure
- Irregular heartbeat
- high blood pressure
- Stroke
- diabetes
- obesity

Source: Harmony Company

FEARLESS FEMALES Haley Combs, a UT Tyler student performs an eye gouge on the self defense dummy in class on Thursday March 20. The Fearless Female class is on campus at Ornelas Health and Physical Education center.

THE TIGER LADY STRIKES Instructor Cindy Coughenour demonstrates proper striking techniques on the dummy.



Fearless Female Self Defense Class fights back and fends off enemies

By Kati Fitzpatrick
Staff Writer

The fluorescent light shines down illuminating the room and emphasizing the orange tint of the girl's long curly hair. Behind her is a floor length mirror that aligns the wall and runs the length of room, reflecting everything.

"No! No! No," echoed off its naked walls as the girl threw up her hands, warding off the offender. The offender stood motionless, its uninhabited eyes glared down at her. The girl then thrust her right hand upward, her palm connecting with the offender's rubber nose, its head snapping back before returning to its original position.

Cindy Coughenour, the Fearless Female class instructor standing next to the self-defense dummy congratulates the girl on the hit before scooting the dummy in front of the next female in line.

Coughenour, teaches female self-defense classes at Tyler Junior College through out the semester in Ornelas Health and Physical Education Center. Coughenour graduated from the Model Mugging program with training and certification by the American Women's Self Defense Association. Traveling all over the United States, Coughenour has taught females, ranging from girl scouts to senior citizens, how to defend themselves if ever attacked.

"When you leave here tonight you will not be a street fighting ninja," said Coughenour.

The techniques and maneuvers Coughenour teaches her female students are specifically meant for women. After asking friends in law enforcement to teach her some moves, she realized that maneuvers that worked for men do not necessary work for women due to strength, height and weight differ-

ences.

However, even after teaching her student several different moves she warned them that sometimes when in a scary position a person might forget exactly how to do something.

"You do whatever it takes to survive," said Coughenour.

If a person reaches a point where they don't know what to do Coughenour advises them to do whatever comes naturally.

"I tell my girl scouts to do whatever they can. Scream, kick, wiggle, make it as hard as you can on the offender," said Coughenour.

The need to learn to defend herself and her passion to work in the profession came from an incident that occurred while attending Wichita State University. Julie Marie Ladd, Coughenour's childhood neighbor and friend who was also attending Wichita State University was murdered in her dormitory basement by an intruder. Coughenour teaches this class in memory of her fallen friend.

A student attending the Fearless Female class on March 20 also had a personal reason for learning how to defend herself.

Leandra Combs, 21, and her fiancé were robbed while sitting in their parked car at a public park in Springfield, Missouri where she attends college. After having a woman knock on her window, Combs opened the door.

"She punched me in the face and past that point I didn't know what to do," said Combs.

The woman then demanded Combs had over her purse. In addition to the woman a man was stationed behind the car during the robbery. Dazed and frightened, Combs handed over the purse.

— see FIGHT page 5 —

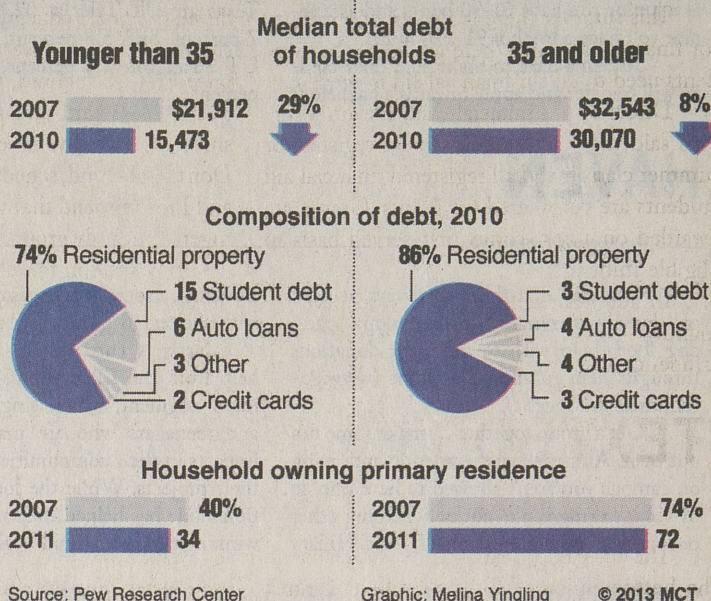
Failure to Launch

Millennials seem unprepared for workforce

BY Melissa Renick
Student Life Editor

Young and old after recession

During and after the recession, more young Americans focused on paying off debt and delayed plans to buy a home.



Millennials are not the majority of the workforce but, they will be in the next six years.

Millennials are categorized as the people who were born between 1981 and the early 2000s. According to Pew Research, more than one in three millennials are now currently living at home with their parents. The analysis of U.S. Census Bureau data noted that the portion of millennials living at home is the highest share in at least four decades, with a record of 21.6 million crashing with mom and dad. Unemployment is the biggest factor associated with living with parents.

"I feel that the judgement is based on a certain class of person. Their parents don't force the kid to figure it out for themselves. My friends that don't live at home are still getting hand outs by their parents."

— see MILLENIALS page 5 —

Soak up the credits during the mid-summer session

By Brian Rhoads
News Editor

As the end of the school year nears, many TJC students are looking forward to a fun and relaxing summer vacation. However while some students see a break, other students see an opportunity to get closer to reaching their educational goals in one of TJC's summer semesters.

"One thing that we (Admission Services) would like to emphasize is the Mid-Summer Session," said Tom Elder, director of admission services/registrar. "It allows time for students to complete their spring semester, whether at TJC or a university, and complete additional hours during the summer. Once the classes are over, students have time for a mini-vacation prior to the start of the fall term."

This summer there is also an opportunity for financial aid, and there are steps that students need to take if financial aid is needed.

Director of Financial Aid, Devon Wiggins said that first students must register for summer classes, and all registered financial aid students are considered for grants. Grants are awarded on a first-come, first-served basis to eligible students.

In addition, only students who have remaining Pell Grants available for the year (students who attended less than full-time in

the fall and spring) will be guaranteed a Pell Grant. Students should also be aware that summer funds are limited and generally run out within the first week of summer registration. Students who want to be considered for loan awards and did not use their full annual amount for the year, must fill out an award adjustment form. Notifications on both awards and non-awards are posted on Apache Access.

Once students are registered and are ready to start classes, there are some tips and advice to help students stay focused and give themselves the best chance to succeed in their summer classes.

"Since we meet every day Monday through Thursday, what I would recommend to students is that they allow some time every day after class to do their homework," said Jenelle Reynolds, professor of mathematics/developmental education. "The biggest issue that students face is falling behind. And once they get behind, they struggle so much to move forward and get back on track and since it's only five weeks it's incredibly fast. Don't get behind, schedule some time to study, and I recommend that you get a partner or put together a study group."

Registration for all summer terms started on April 6, and is open until May 27. Payment must be made by the day after the deadline, May 28.

TEXTBOOKS

continued from page 4

The on-campus bookstore is located on the bottom floor of Rogers Student Center, and the off-campus bookstore, College Books, is located at 1232 5th Street in Tyler. You can

rent books online from Chegg.com for another money saving option.

A reward for past members is coupons before the semester starts.

FIGHT

continued from page 4

"She punched me in the face and past that point I didn't know what to do," said Combs, The Women then demanded Combs had over her purse.

In addition to the women a man was stationed behind the car during the robbery. Dazed and frightened, Combs handed over the purse.

The perpetrators were arrested shortly after the robber while trying to use Combs' credit cards to pay for gas just down the road from the assault.

Combs attended the TJC Fearless Female sessions along with her female family members.

"I thought it was important to have the skills to take care of ourselves when we are out at night or alone or even in our own homes sometimes," said Sara Combs, 68.

To attend the Fearless Female class at TJC in the Ornelas Health and Physical Education Center on April 24, register online at TJC Continuing Studies website or over the phone at 903-510-2900.

SLEEP

continued from page 4

Not getting enough sleep can weaken the immune system says Brown University.

"My eyes have circles around them and I am little jittery but other than that I have not felt any side effects," said Pulley. "I haven't had any hallucinations yet."

Many students rely on caffeine to make up for the lack of sleep. Some doctors say that it is unhealthy according to WebMD. Drinking coffee in moderation shows that it can benefit health similar to drinking red wine for heart disease.

"I have become crazy addicted to coffee and any forms of caffeine especially since the school added Starbucks to the library," Pulley said. "I crave it like a drug. I need my caffeine fix."

Experts say to help get a fuller night's sleep is to avoid drinking caffeine after lunch.

"Once work slows down I will finally have the chance to relax and sleep like a normal person," Turner said.

Tell us your thoughts on sleep deprivation in college at MyTJCnews.com.

MILLENIALS

continued from page 4

"My blame is put on the parents in those cases," said Claudia Noland, graduate of TJC. "Also getting married too young can play a part in it."

According to Forbes.com, millennials have the stereotype of being entitled, spoiled, slackers and discontented. Now a new national poll suggests that far from being slackers, this generation is made up of young adults who have been stung hard by our weak economy.

They are cutting back on entertainment and vacations and they are reluctant to make important life decisions like starting a family and taking advantage of the first-time home buyers discount.

"I think it's not about Millennials, I think it's the lack of education of how to go about getting a job and keeping that job," said Lisa Allen, General manager of Express Employment Professionals, a job seeking agency in Tyler. "If you don't know the basics, interview prep, how to fill out a resume, or how to dress, ultimately it all matters. Millennials shouldn't get a bad rep in my opinion. They are very intuitive and very savvy. There is so much talent in that age group and they have so much to offer."

An option for job seekers to check into is employment agencies. They are a full service staffing agency and they serve local businesses with both full-time and temporary staffing and job placement in addition to providing human resource services and consulting.

Express Employment Professionals staffing solutions include evaluation and direct hire, temporary and contract staffing, professional search and contract, flexible staffing, and on site services. Basically, this service "grooms" the applicant to prepare for hire.

"I think it has to do with the way you are raised. I was raised in a home with strict parents that pushed me to do well," said Ashleigh Brents, graduate of TJC. "Others may not have the support they need to do well."

The Workforce Solutions East Texas Center, located at 4100 Troup Highway in Tyler, is designed to help people find jobs in East Texas and surrounding areas. A college student or graduate looking for work can register online or in person to apply for jobs. If the student does not have access to a computer, there are computers available at the center.

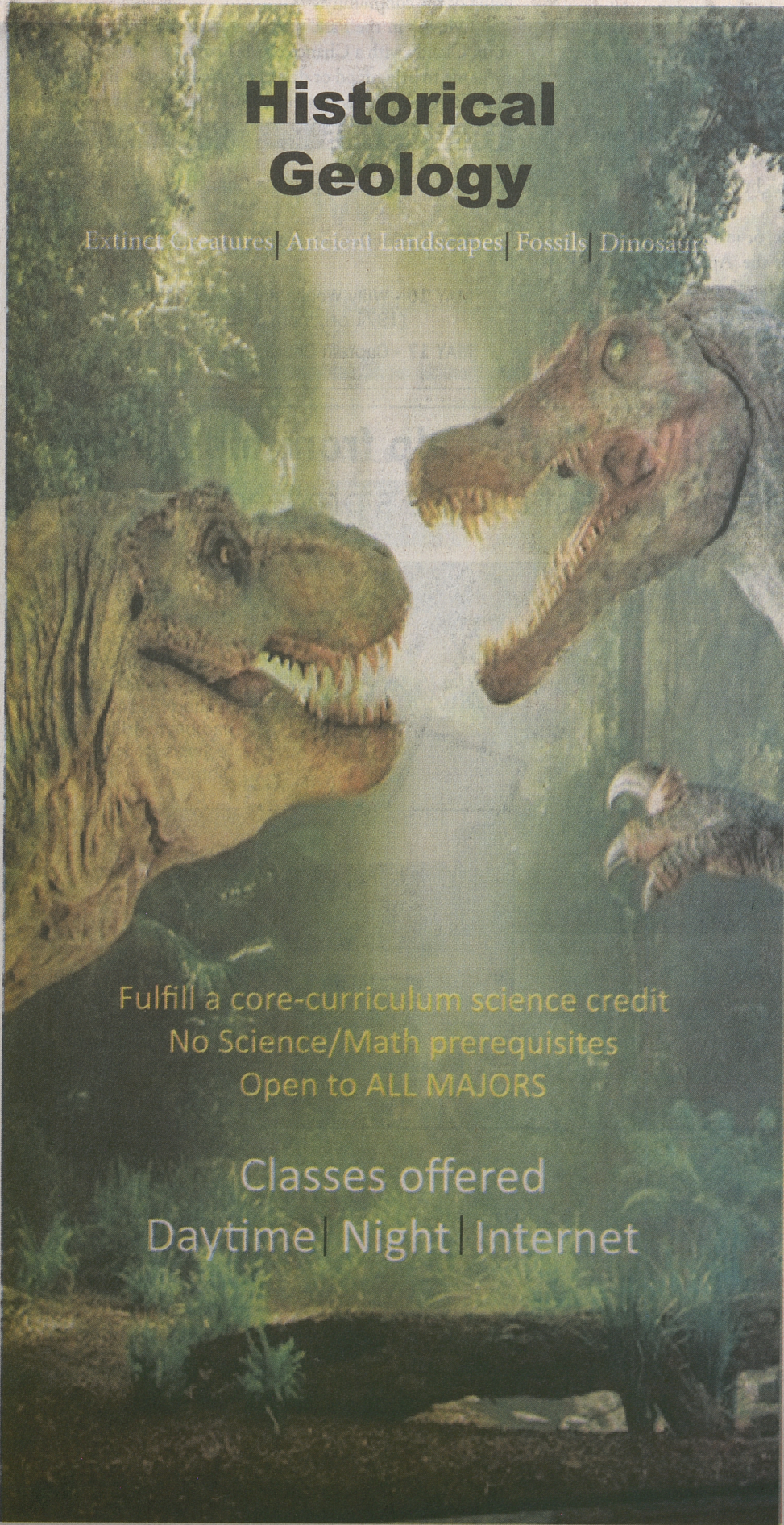
People can browse certain jobs available for their particular interests and experience. This is one agency in Tyler that can help find work for a graduate or current student looking for work.

"Appreciation and respect are learned at home and encouragement is something so crucial to a person's success. I think kids rise to the expectations of those around them as a general rule," said Shannon Rivers, a 2014 fall student of TJC. "Parents want to give their child a better life than they had and not repeat their own childhood. In that process, they spoil them. You can't really appreciate something you didn't have to work for," says Rivers.

To add to the stereotype, millennials have a reputation for being unable to work on their own—and for needing constant guidance. The good news in Millennials offer some good things to the work place. According to Forbes.com Millennials are technology and social media natives, they respect excellence, and they are cynical about any formal announcement. Millennials tend to question things before they believe them. Comments welcome on MYTJCnews.com.

Historical Geology

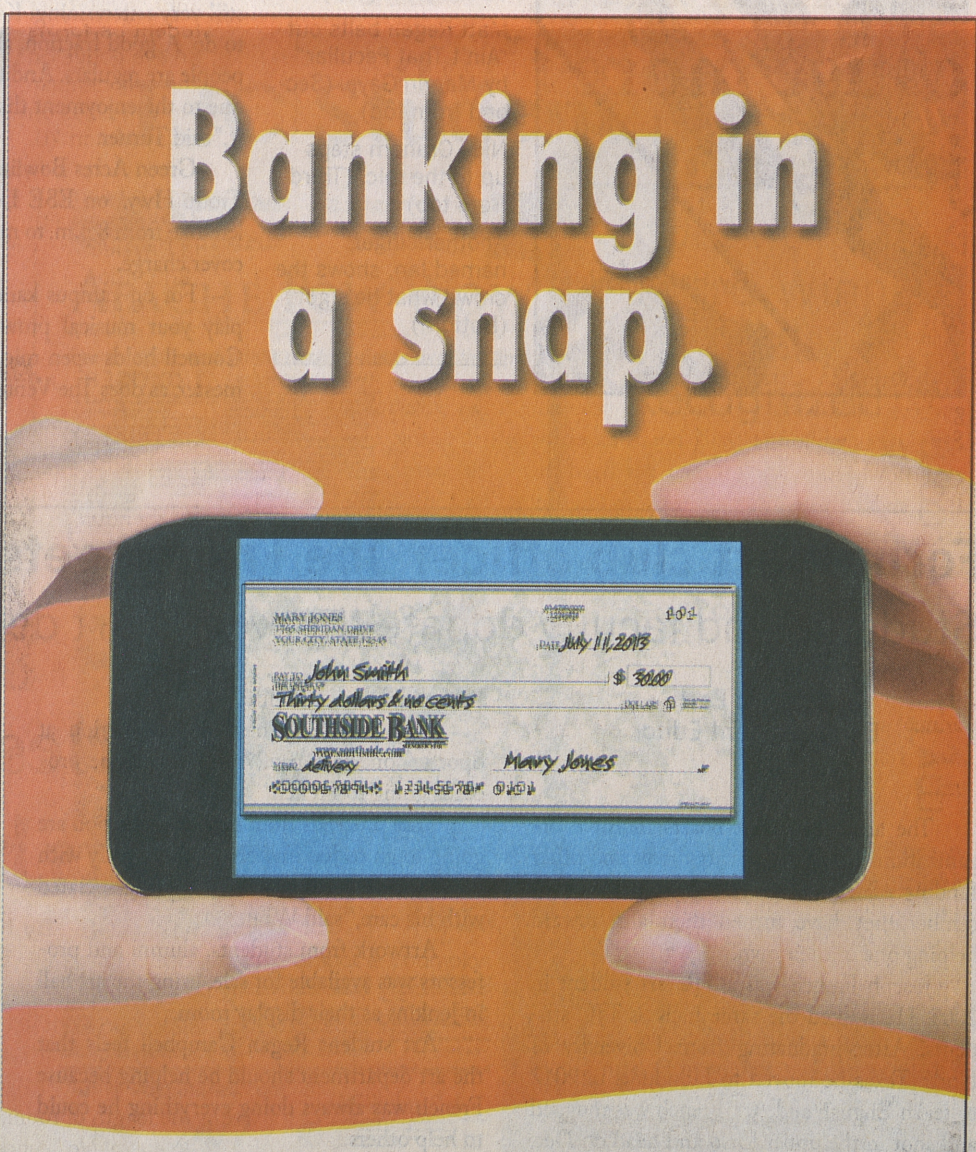
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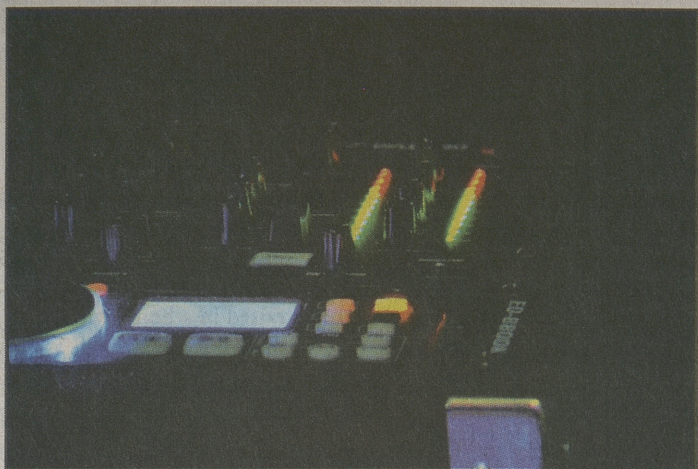
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tylerites know how to rock

By Chloe Hodge
Staff Writer



Photos by Favian Quezada

CAN YOU CARRY A TUNE? It takes more than a good voice to do Karaoke. (Top) Matt Regan belts out "Ain't That Peculiar" by Marvin Gaye. (Sec-ond from top) Nick Graham steps up to the mic. (Third from top) Another singer, named Ian, shows the crowd what he's got. (Bottom)

It is gloomy outside, across many parts of East Texas. The sky sings with despair, the cries of rain and thunder, while the clouds float by suspended like feathers in grey evening sky. And yet, music still chimes from the inside of Green Acres Bowl.

"It is nice to be able to just sing and have fun in a judgment-free zone," said Danielle Henderson, a sophomore at University of Texas at Tyler.

Friday nights spent at this bowling alley hold much more than a game of, "Who can get the most strikes?" Beyond the white walls decorated with disco balls and paintings of bowling pins, a trail of melodies can be followed into a room full of neon signs and pool tables. Beyond the bang heard from the drop of a bowling ball or a crash provoked by the clash of nine bowling pins, a crowd of people gather around those performing karaoke held every Friday evening.

"Karaoke is a positive way to get the negative energy out of me, especially when I am anxious about classes and work," said Henderson. "I can't sing. I just have a blast participating."

When Danielle takes the stage to perform, she feels peaceful and in her element, serenading the crowd. The spectators sway their bodies and tap their feet along to the beats of various songs by performers such as The Rolling Stones and The Red Hot Chili Peppers.

Andrew Turner, manager of Green Acres Bowling Alley, said that the weekly karaoke night began ten years ago to give his customers a positive outing experience. He said people come to experience all points of the karaoke spectrum.

"Young adults from all around Tyler come to listen to the good and the bad," said Turner. "We started the karaoke nights many years ago and it gives them a good, fun time. They really enjoy it."

As the night comes to an end, people reserve spots to get a final song in. The couples sing love duets. The baby boomers scream sharp shouts of Rock-n-Roll. The young adults belt out pop and R&B jams that they listened to during high school. When the clock strikes midnight, the performers finish unleashing inhibitions through their music. One by one, carrying the perfume of rental shoes and pizza with them, they leave the scene only to come back next week and do it all again.

"There are very talented singers that come out. There are also people who just do it for kicks and it's still very entertaining. Karaoke is just a fun activity to do. A good fraction, about eighty percent, of the people are regulars. And that number keeps growing due to the enjoyment that people are getting out of it," said Turner.

Green Acres Bowling Alley is located just past Troup Hwy., on ESE Loop 323 and hosts weekly karaoke from 8 p.m. to midnight on Fridays with no cover charge.

For on-campus karaoke, or just a place to display your musical prowess, the Apaches Activity Council holds open mic nights throughout the semester, as does The Venue in Jean Browne Theatre.

Movies under the stars

Movies In The Park provides the community with a great way to spend Saturday nights

By Sarah Trexler
Verve Editor

For over a decade, Tyler Parks and Recreation Department welcome the spring season with the return of the free "Movies in the Park" series at Bergfeld Park, located off Broadway and Fourth Street in Tyler. A massive projector screen is set up across the park's amphitheater stage facing for upcoming movie nights playing on selected Saturday nights in April and May.

Glass Recreation Center Supervisor Ann Santana said that "Movies in the Park" lets East Texas residents enjoy a unique movie experience without the stress of spending money at a traditional movie theater.

"It gives the public a choice of free entertainment in a local park," Santana said. "... (Movies in the Park) brings people together not having to worry about 'how much is this going to cost me for taking my family out or even (as) an individual'."

Throughout the work/school week, students and families look forward to weekends to unwind and spend time with loved ones or friends. Santana said that she thinks people enjoy going to "Movies in the Park" because the outdoors can be a fresh breath of air in this fast paced world.

"My grandchildren get a kick out of going outside in the dark, in a park, watching a movie and also looking up at the stars. I think it has a calming effect for a lot of folks," Santana said.

Tyler Parks and Recreation have shown more than 65 films since 2003, all rated no higher than PG by the Motion Picture Association of America. In October of last year, Bergfeld Park hosted over 250 people during the fall movie series, playing family friendly films like "Madagascar 3" and "Radio" with Cuba Gooding Jr.

Although the movie selections are family friendly, this does not mean that only families should go. "Movies in the Park" can be a date night for those with a significant other, or a group of friends starting a new tradition by attending the movie series.

Last semester TJC played "The Purge" in September at the Intramural field following an event earlier that day (Stay at TJC Weekend). Biology major Sherrie Jones attended and said that she enjoyed sitting outside and watching the movie with her friends.

"I never did anything like that before and it was fun," she said. "There were a lot of people and it was only (at) TJC ... I think they ("Movies in the Park") have good movies playing, and that will bring a crowd."

Debbie Isham, special events/recreation manager for the city of Tyler said "Movies in the Park" provides awareness of local events for "little or no cost" while improving the well-being of the community.

"Movies in the Park" starts Saturday April 12 at 8 p.m. with "Cloudy with a Chance of Meatballs 2." Moviegoers are welcome to bring food or drinks to eat and sip on during the films. Bergfeld Park is located at 1501 S. College Ave in Tyler.

FREE MOVIES

APRIL 12 - Cloudy with a Chance of Meatballs 2, 8 p.m.

APRIL 26 - Despicable Me 2, 8 p.m.

MAY 10 - Willy Wonka and the Chocolate Factory (1971 original), 8:15 p.m.

MAY 17 - Captain Courageous, 8:15 p.m.

Former art club officer Joe French gets by with a little help from his friends

Students and faculty donate this year's art department silent auction's proceeds to French

By April Earl
Entertainment Editor

The art department boasts multiple organizations that hold charity drives and other funding efforts nearly year round, since December they have turned their aim toward helping one of their own.

Joseph French was a TJC art student in 2009. He walked the same halls as TJC students. After graduating from University of North Texas he moved to Honduras in 2012 to teach English and Art. French was mugged and shot in the upper torso and head on Dec. 20 while walking home from a Christmas party at the school where he worked. Miraculously, he survived.

After his initial surgery, French was placed in a medically induced coma for about a week.

He was being treated at Baylor Medical Center in Dallas and is now recovering in his hometown of Longview.

Soon after the mugging, it was evident that the he would need to be transferred back to the United States for the surgeries and medical care that were to take place.

French's family said the cost of airlifting him back to Texas was over \$25,000 alone. The initial estimates for his hospital care were at \$5,000 per day. French has undergone multiple surgeries and still has a long road of recovery ahead of him. This many surgeries and hospital bills can start to rack up debt rapidly.

The Art Department held a silent art auction in Jenkins March 31-April 3. The 11th Annual Silent Art Auction raised over \$2,000 toward French's recovery according to Art

Professor Derrick White.

They previously held an art auction at Sports Zone January 27 with all of the proceeds going to French.

"The proceeds from this year's auction are going to go to Joe French and his family with these astronomical medical costs associated with his care," said White.

Artwork from students, alumni and professors was available for sale, using the art hall in Jenkins as their display room.

Art student Regan Campbell feels that the art department should be helping because French was always doing everything he could to help others.

Although a majority of current students don't know French personally, they have heard of him and his story and want to lend a helping hand.

Geoffrey Traylor, president of the Anime Club, donated several pieces of his work including two sculptures modelled after weapons in popular video games like "Kingdom Hearts."

"If this auction is to help him out, then I'm going to put it (his art) there to help out an art student," said Andres Breffitt, sophomore graphic arts major.

There is also a gofundme.com account set up for French, which is currently at \$20,000 of the \$25,000 goal. You can donate at gofundme.com/5van20.

If you would like to help or donate artwork to be sold at future benefits through the art department, please see Derrick White in Jenkins 307 for more information.

Find exclusive video and multimedia about the silent auction at mytjcnews.com.



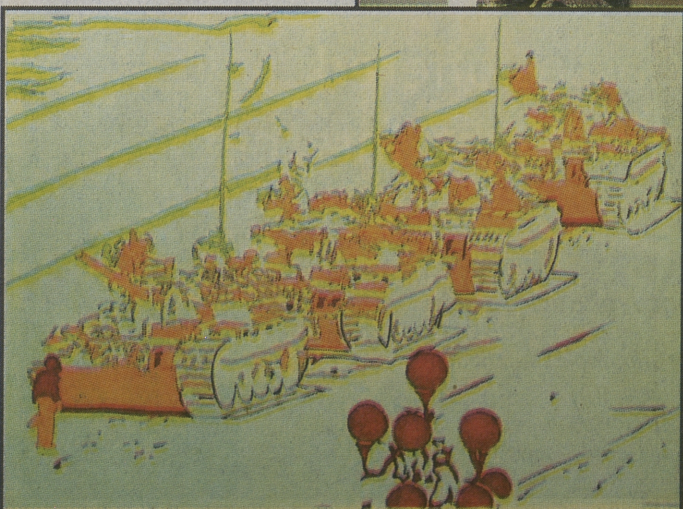
Courtesy Photo

KEEPING HIS SPIRITS UP Joe French holds up a sign showing his thanks for all the support he has received in January 2014 after he had been airlifted back to Texas for surgery. (Top Left)



Photos by Cory McCoy

WE LOOK OUT FOR EACH OTHER One of many displays and the bidding sheets for the silent auction. (Center) Professor Mark Anderson donated this piece based on the iconic Tiananmen Square photo. (Bottom Left)

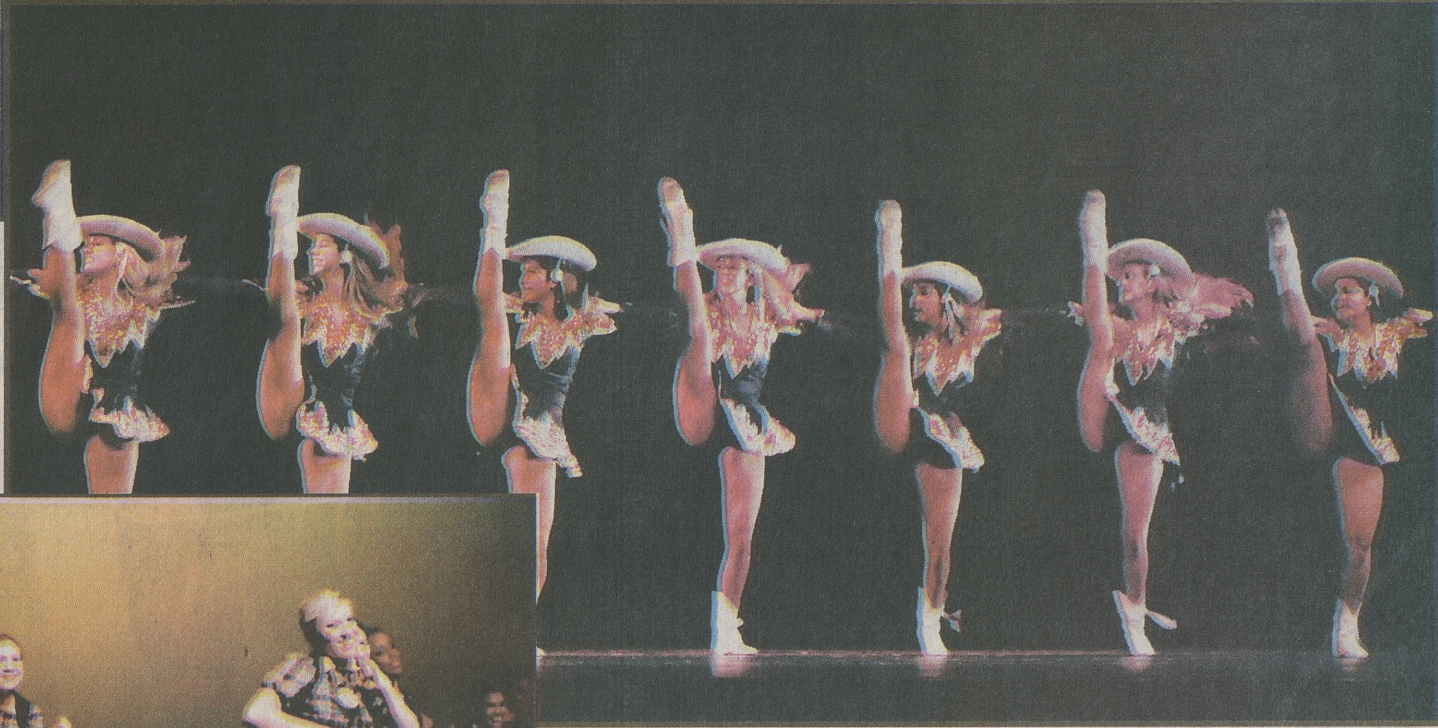


The Apache Belles Present Quotes, Quips and Clips



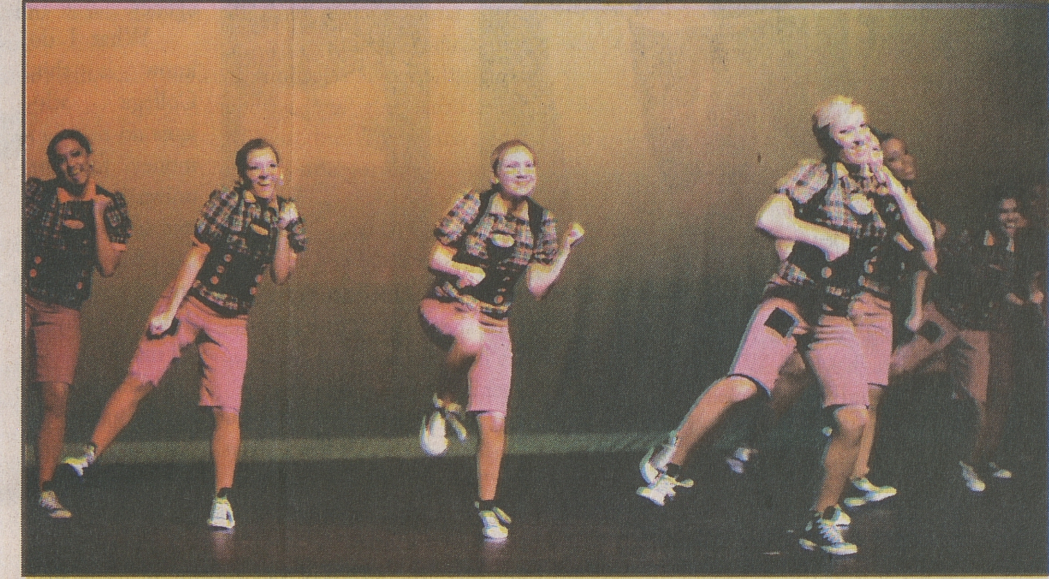
Photos by Cory McCoy

HOLD ME CLOSER TINY DANCER Mariah Martin spins as she takes center stage. (Above)
GO ON AND TAKE A BOW The Belles take their bow after their last full rehearsal. (Top Right)

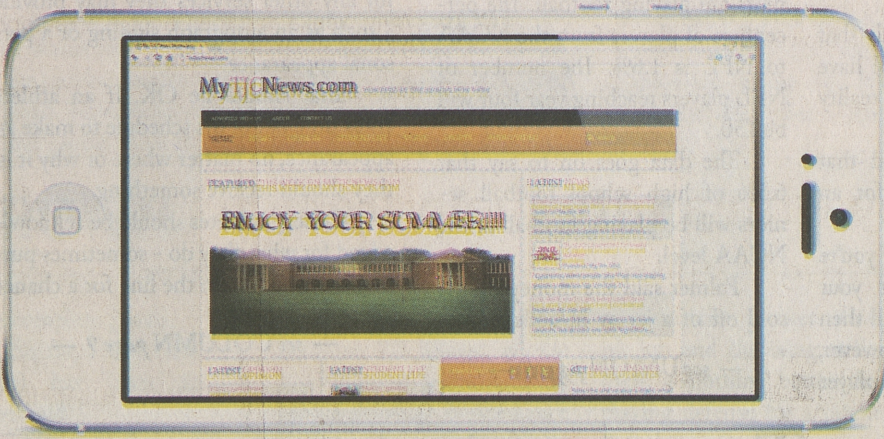


Photos by Cory McCoy

QUOTES, CLIPS AND HIGHKICKS The Apache Belles took the big stage in Wise Auditorium April 3-5 to perform their annual Spring Show after returning from four performances, including one that was nationally televised, in South Korea. (Above)
EVERYDAY I'M SHUFFLIN' Jacy Hinkle, front, leads a group of Belles in a dance routine. (Bottom)





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Brown's near-perfection spans season, not just one game

BASEBALL

By Nathan Wright
Sports Editor

TJC pitcher Daniel Brown has been almost perfect this season. On March 14, however, he almost reached the perfection that most pitchers only dream about.

Through his first six starts this season, the freshman from Mount Vernon, Tex. was 5-0 with an ERA of 0.23. In 38.1 innings pitched, he had allowed only one earned run.

He has definitely been the ace

of the Apaches' pitching staff. In one game, he almost had a game for the record book.



Daniel Brown

has been a solid starter for us this season," TJC Head Coach Doug Wren said. "He has given us a chance each time out to win that ballgame. For him to almost reach that accomplishment in that game

"Daniel has been a solid starter for us this season. He has given us a chance each time out to win that ballgame."

-Doug Wren
TJC Head Baseball Coach

was such a cool thing to be a part of.

"I hate that he came a couple of outs short, but it was something that our guys were glad to be a part of and it was fun for us to watch as well."

The game Wren spoke of came against Arkansas Baptist on March 14. Brown's line reads that he pitched seven innings, allowed one hit and struck out 11. What it left out, were

the dramatics.

Brown entered the final inning with a perfect game. He got the first out and was two outs away from perfection before allowing a single. He did get the next two batters and finished with a one-hit shutout.

"I was just thinking keep it the same," Brown said about entering that final inning. "Keep it the same

as you have the whole game. Let my defense make plays for me. The first out, centerfielder Zane (Otten) made a great play in the gap. Then the next guy pretty much hit the ball in no-man's land. Nobody could really get to it. It was tough."

Brown's statistics for the season, however, make it look like not much has been tough for him this season. In addition to allowing only one earned run in his seven games (six starts), he is averaging almost 11 strikeouts per game and has given up only 17 hits, walked just six and has a team-high

— see BROWN page 9 —



Photo by Chris Vinn

APACHE UNION The TJC football team, shown here running onto the field before its Homecoming game last fall, could be affected by a ruling that will allow college athletes to form unions.

Apache union in the future?

Recent ruling could have impact on other schools, including TJC

By Olivia LeVoy
Staff Writer

It's a hot September evening, watching the Apache defense tackle the opposing team's quarterback at home.

All the team has to do is keep the offense from field goal range or making a touchdown with a minute left in the game.

However, there is something different about the TJC Apache football team. It is now union.

A February hearing between Northwestern University in Chi-

cago and the College Athletics Players Association, the National Labor Relations board decided on Wednesday, March 26, 2014, that NU players are no longer considered student-athletes, but university-employees.

Meaning NU players are allowed to create a union and collectively bargain.

TJC Head Football Coach Danny Palmer said that he is in agreement with the Northwestern administration.

"I agree with the administration of Northwestern University,"

said Palmer.

"I believe student athletes should not be considered employees of the University."

There are several appeals that Northwestern University will have in order for this to become reality for the football team.

Coach Palmer also said that student athletes are there for an education.

Go to class, graduate, if you're lucky enough to represent your school in professional football then you can sell your jersey. However, until then a college football player

is a college athlete.

According to NCAA research and NFL data, 15,588 NCAA seniors are playing football. The percentage of players from the NCAA to NFL is 1.6%. The number of NFL players reaching year four will be 150.

The data goes on to say that 6.5% of high school football seniors will be playing football at the NCAA level.

Palmer said the money that is sold off of a jersey in college goes

— see UNION page 9 —

Collegiate athletes deserve something, just not a paycheck

Recently, the National Labor Relations Board in Chicago ruled that Northwestern University football players could form a union.

The Board based its ruling on the fact that by law, the football players were employees of their school.

Seems like a stretch to me, but who am I to argue with a federal agency.

What I do know is this. College athletes do bring in money for the university. They put in hours of their time to create revenue and do so in a physical manner.

Maybe that is why they are considered employees. So while the university appeals the decision, the question of whether college athletes should be paid has been brought up again.

In a way, they already are. Most athletes are on scholarships, whether they are full or partial ones.

They don't have to pay for their education, which is one of the two reasons they are in school.

It has been argued that because they receive scholarships, they are being compensated already.

However, because of NCAA rules, athletes are not allowed to have any other income coming in. They can't be paid for any other services they may provide - such as an autograph signing or a personal appearance.

That should be OK. If an athlete takes time out of his schedule to make an appearance, no matter where or why it is, they should receive something.

College athletes should be acknowledged for what they do - sometimes putting their bodies on the line for a chance

— see COLUMN page 9 —

COLUMN



Nathan Wright
Sports Editor

Tis the season for 5K races in Tyler, East Texas

By Olivia LeVoy
Staff Writer

It's a chilly spring Saturday morning. The roads in the Azalea District in Tyler are blocked off and there's an eerie calm in the air. Walking to the tennis courts at Bergfeld Park, all the eyes can see is a crowd of hundreds of bodies both little and big.

The corners of the roads have people in lawn chairs cheering the runners and

walkers on. Tables are set up along the trail with cups of water and Gatorade to have a drink when needed.

The start and finish arch is blown up and the clock has zeroes all the way across it. Camera flashes are going off in front of groups of people with matching t-shirts. It's the season for 5K races in Tyler.

Tents and booths are set up for participants and watchers to grab a bite to eat, get a nice cup of coffee and even bid

on a few silent auction items.

Many of the races are for non-profit organizations such as Susan G. Komen, Treatment Learning Center for children with Autism, Bullard Education Foundation and many more.

Julie Tiller, event coordinator of the Tyler Run for Autism, was busy talking to kids with Autism and the parents of the children.

"The support from the community is amazing," said

Tiller. "It means we might have one or two kids from TLC can have maybe one day of therapy. A day of therapy costs \$225 and a year is around \$50,000."

Tiller went on to say that her son, Reid Tiller, at two and half maybe had two or three words. Now he's in the first grade at Bullard Primary School with his peers. He has a shadow with him until 11:30

— see RACES page 9 —



Photo by Olivia LeVoy

RUNNING FOR A CAUSE Participants line up at the starting line for the Tyler Run for Autism on Saturday, April 5 at Bergfeld Park.

Tennis

April 11-12, @ Southwest JUCO (Temple)
April 18-19, @ Region XIV Tournament (Laredo)

Golf

April 21-22, District 2 and Region XIV Tournament, TBA (Men)

Sports CALENDAR

UPCOMING TJC ATHLETICS: APRIL

Baseball

April 11, 6 p.m., vs. Coastal Bend College
April 12, Noon, vs. Coastal Bend College (DH)
April 14, 3 p.m., @ Angelina College
April 16, Noon, @ North Lake College (DH)
April 19, 1 p.m., vs. Dallas Christian (DH)
April 21, 2 p.m., vs. Hill College
April 25, 6 p.m., @ LSU-Eunice
April 26, 6 p.m., @ LSU-Eunice
April 27, 1 p.m., @ LSU-Eunice

Getting ready to rumble

TJC students helping broadcast, produce annual MMA event

By Hayley Cooper
Staff Writer

Fighters from all over East Texas will compete in TJC's second annual MMA fund raising event April, 12.

The event will allow fighters to compete in an official MMA, mixed martial arts match, sanctioned by Combaters Sports Division and will support TJC and an MMA training after-school program.

Having competed internationally and in the Marine Corps, Dometrius Hill, dean of students at TJC, is passionate about the sport and helped organize the matches.

"Our target amount (of money raised) will help fund the journalism program," said Hill. "After the goal is met, the remainder of proceeds will fund Hill's Martial Arts Schools. With my martial arts schools, we support an after-school program for kids that live below the poverty line, where we feed them and provide them clothes that they need."

MMA is a very competitive sport and takes a lot of training to be successful.

"In order to compete in any combat sport where you're using your entire body, especially mixed martial arts because since you're competing in so many different areas they



Courtesy Photo

MIXING IT UP TJC will be broadcasting and producing an MMA event, like the one pictured above, on April 11 at UT-Tyler.

have to have an amazing level of conditioning and cardio," said Wade Pomeroy, who has been training MMA fighters for 23 years.

"First and foremost they have to be an athlete, cardio and conditioning is at least half, maybe more, of the training that they do in preparation for a fight. Its a lot of exercise, a lot of conditioning, and a lot of cardio in order to get them where they have the stamina for the three minute rounds," said Pomeroy.

There are also requirements for a fighter before he is allowed to compete.

"At our gym they have to have a minimum of three months training to fight, but the state requires a minimum of month before they can

fight," said Pomeroy. "They can train at our gym two hours a night, Monday through Thursday and again Saturday."

Along with the event being hosted by TJC and some students fighting in the event, TJC journalism students will be producing the event, teaming with television station CBS 19 in Tyler, to broadcast it as a sports program on TV.

"CBS 19 agreed there is a need for people who can actually come into the work-force already knowing how to produce a television show, cut and edit a live sporting event," said Hill.

"The MMA event is a really exciting opportunity for my students, in particular," said Rachel Jennische, a communications professor at

TJC. "They're having the opportunity to film it, using four cameras and they're going to switch it as if it's a live production."

Students will take the roles as a director, producer, three camera operators, an audio person and custom designed graphics. There will also be assistants helping during the show.

Broadcast students also will be involved.

"Broadcasting students will also be producing public service announcements that will air during the commercial breaks for TJC by TJC students," said Jennische.

After the students have finished editing the event will air a week later.

"When we're finished, both the CW and CBS have agreed to air it at a later date. So this will be really our big debut for our students and let people see all that TJC students can do," said Jennische. "This our first time to do a multi-camera production and we've jumped in feet first."

The event is expected to draw an audience of about 2,000 and raise over \$20,000.

The event will take place at The University of Texas at Tyler on April 12 at 7:30 p.m. The cost of admission will be \$10 for students with a valid ID and \$20 for adults.

TJC's Tillis-Jones wins Summitt award

By Nathan Wright
Sports Editor

TJC Head Women's Basketball Coach Trenia Tillis-Jones was awarded the inaugural Pat Summitt Pat Summitt Trophy as the 2014 Russell Athletic/WBCA NCAA JC/CC National Coach of the Year, the Women's Basketball Coaches Association (WBCA) announced tonight during the fourth annual WBCA Awards Show on April 7.

Tillis-Jones guided the Apache Ladies to a 30-6 record, a No. 11 national ranking and a berth in the NJCAA national tournament, where they advanced to the quarterfinals.

That historic season came a year after the Apache Ladies won only 11 games the season before.

Tillis-Jones just finished her 14th season at TJC after coming to the school in 2000. She was also named the Region XIV Coach of the Year after the Lady Apaches finished second at the regional tournament.

"I hated the season that we had last year and myself and assistant Precious Ivy went out and did something about it on the recruiting trail," Tillis-Jones said.

It was recruiting - that led to a strong freshman class - that helped the Lady Apaches turn things around.

And in turn, led to a historic season. Tillis-Jones' award was the culmination of what she led her team to do.

"We congratulate these coaches for receiving the Russell Athletic WBCA Coach-of-the-Year Award," said Senior Vice President General Manager of Russell Athletic, Robby Davis said in a press release

"All of these coaches embody the team concept we embrace at our Company, and we are pleased to honor them for a fantastic season."

The other award-winners included Muffett McGraw of Notre Dame in Division I, Barbara Stevens of Bentley University in Division II, Marc Mitchell of Farleigh Dickinson in Division III, Russ Davis of Vanguard in NAIA and Cathy Self Morgan of Duncanville in the high school division.



Trenia Tillis-Jones

RACES

continued from page 8

a.m. Monday through Thursday and on Friday's he is there by himself all day.

It's hard to not smile when you see survivors walking around with a piece of paper on their back that has their name and their family around them that says "Walking in Honor of," or "Team Reid," for example.

A tear comes to the eyes when you see the "Walking in Memory of," and has a picture of the person. But a smile still comes across when people embrace them with a hug and a kiss on the cheek.

The joy of people, no matter how early or how cold it is, is humbling and nobody has a frown on their face.

Reid Tiller said he wasn't excited because it was too early and he wasn't sure about winning the race because he wasn't very good. Tiller walked away with the medal when the race

Upcoming 5K races in Tyler

Several races are coming up in East Texas if interested in volunteering or participating in any of these non-profit organizations.

■ April 12 will be the Run for Dreams 5K at Rose Rudman and more information can be found at <http://www.runfordreams5k.com/tyler.html>

■ April 19 is the Color Up 5K in Bullard for the Bullard Education Foundation. Information can be found at <http://www.bullardeducationfoundation.org/Events.html>

■ April 26 is the Miracle Run 5K, benefitting Children's Mir-

acle Network at Faulkner Park. Information can be found at <http://www.jogrunrace.com/Race/View/184319/miracle-run-tyler-texas-april-26-2014>

■ May 10 is the Susan G. Komen Race, benefitting breast cancer at Bergfeld Park. Information can be found at http://tyler.infokomen.org/site/TR/RacefortheCure/TYR_TylerAffiliate?fr_id=4225&pg=entry

■ More information for other races can be found at <http://www.runontexas.com/races> or <http://www.active.com/running?int=29-114-4>.

was over.

"My favorite thing in school is building blocks," said Tiller. "I like Legos."

The participants in these races are guarded with police, public service officers and EMT's during the race.

A participant doesn't have to train ahead of time for a 5K because many of these runs will provide a mile or fun run for the ones who don't feel like competing in the 5K. Many races will also offer a 10K or 15K.

BROWN

continued from page 8

three complete games.

"So far, I like how (my season) has been going," Brown said.

He has been consistent as well.

In his first start of the season, against Frank Phillips College on Feb. 9, he struck out 13 in a one-hit shutout. He has allowed three hits or fewer three times.

He has only allowed two runs all season and only one earned. That lone earned run came by Ranger College in a 5-1 TJC victory on March 9.

He has earned NJCAA Division III Player of the Week honors twice - for his season-opening performance against Frank Phillips and then his near-perfect game against Arkansas Baptist.

His presence on the mound also gives confidence to his teammates playing behind him.

"From my point of view, it is awesome to go out there and hit in the lineup with Daniel on the mound," outfielder Anthony Soriano said. "When you know you have

a consistent pitcher doing his job and throwing strikes there is nothing better than playing defense for a pitcher that throws strikes.

"With Daniel, as anyone can tell, his numbers show for themselves. It is fun to hit in the lineup with D.B. on the mound."

TJC was 20-13 after its first 33 games and Wren felt like it was still making progress toward its goal of playing its best baseball once the postseason comes around in May.

UNION

continued from page 8

to building libraries, builds 20,000 square feet academic centers, building weight rooms and classrooms.

It just doesn't go towards athletics, but that's just his opinion he went on to mention.

"Student athletes are more protected now than they have ever been," said Palmer.

"Academically and ath-

letically that it's fair."

Now whether or not this ruling passes through all of the appeals that are being forseen, remains to be seen, and if all colleges adopt the ruling, mainly because the NCAA will have to address women's athletics.

But as of right now, the ruling only has to deal with football.

It is still too early as to what would happen to TJC if the ruling is adopted by all colleges and universities because currently the only ruling has to do with Northwestern University football.

However, changes could be taking place in the future for NJCAA and NCAA football programs if the ruling is adopted.

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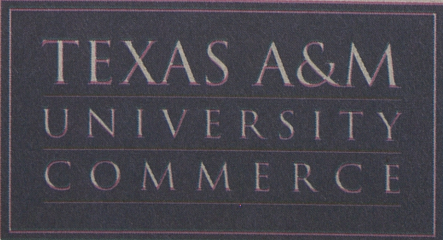
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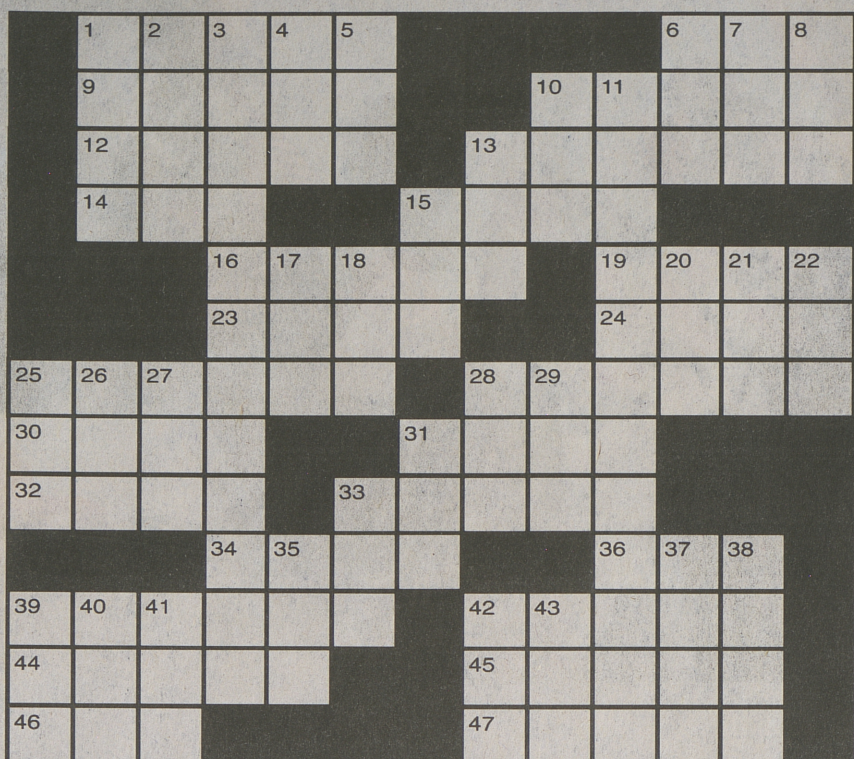
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THE APACHE POW WOW | PAGE 11

FOR RELEASE SEPTEMBER 22, 2013

THE TV CROSSWORD

by Jacqueline E. Mathews



Created by Jacqueline E. Mathews

9/22/13

ACROSS

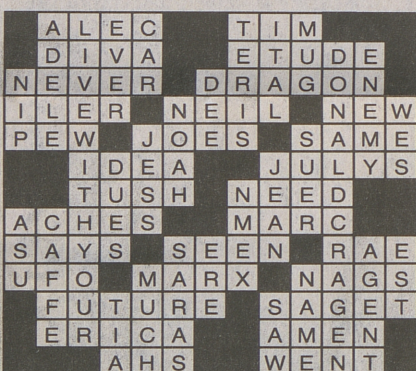
- 1 "___ Dad"
- 6 One of the Three Stooges
- 9 Actress Ryan of "The Beverly Hillbillies"
- 10 Of the Far East
- 12 Performed surgery with a high-powered beam
- 13 Role on "The Big Bang Theory"
- 14 Pounds: abbr.
- 15 Role on "The Man from U.N.C.L.E."
- 16 Arm joint
- 19 "Grand Ole ___"
- 23 Connery or Penn
- 24 Bitter
- 25 "Hangin' with Mr. ___"
- 28 "Seven ___ for Seven Brothers"
- 30 Source of distress
- 31 Actress Summer
- 32 Dad on "American Dad!"
- 33 Marie Barone's hubby
- 34 Potter's material
- 36 Neighbor of Mexico: abbr.
- 39 "Sesame ___"
- 42 Actor Flynn

- 44 Choices for contestants on "Let's Make a Deal"
- 45 "Never ___ Go"; movie for Carey Mulligan and Keira Knightley
- 46 Yoko ___
- 47 Labyrinths

DOWN

- 1 Pepper ___; grinding device
- 2 Saudi or Iraqi
- 3 Actor on "Chicago Fire"
- 4 "___ Life to Live"
- 5 "The ___ Skelton Hour"
- 6 Farrow or Sara
- 7 Rower's item
- 8 "Pirates of the Caribbean: At World's ___"
- 10 E-mail provider for millions
- 11 Actress on "Mike & Molly"
- 13 "___ I Met Your Mother"
- 15 "Sanford and ___"
- 17 Marvin or Majors
- 18 Cheers, for one
- 20 Pea casing
- 21 Actress ___ McClanahan
- 22 Calendar periods: abbr.
- 25 "___ This Morning"
- 26 Bit of cereal grain
- 27 "Snakes ___ Plane"; Samuel L. Jackson movie
- 28 Two-cup item
- 29 "The ___ & Stimp Show"
- 31 "Boys Don't ___"; Hilary Swank film
- 33 "My Big ___ Greek Wedding"
- 35 "___ Miserables"
- 37 "___ Like It Hot"
- 38 Tavern orders
- 39 Monogram for Justice O'Connor
- 40 2000 pounds
- 41 Little friend of Winnie the Pooh
- 42 "A Nightmare on ___ Street"; Johnny Depp movie
- 43 Actor Stephen ___

Solution to Last Week's Puzzle



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9/22/13



Photo by Kevin Ramos

THAT DOESN'T LOOK LIKE A SQUIRREL This little possum caused quite a ruckus on March 27, as she perched in a tree outside of the Vaughn Library. The possum was removed without incident, aside from the laugh it gave everyone.

Check out our Sale Rack

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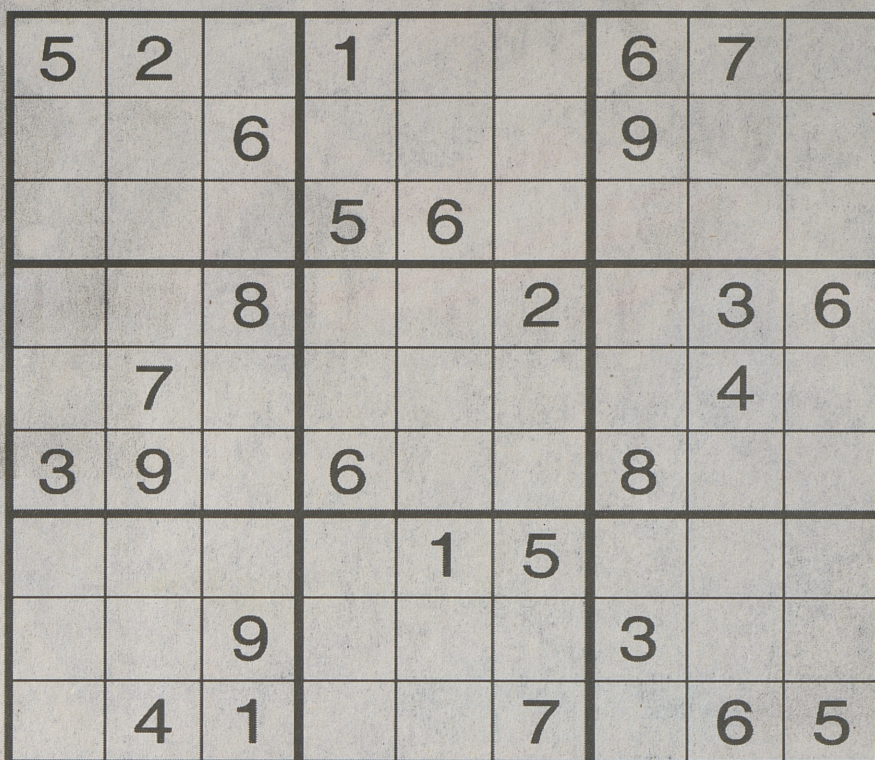
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SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level: ☐ 1 ☐ 2 ☒ 3 ☐ 4



SOLUTION TO LAST WEEK'S PUZZLE

11/17/13

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 4 | 2 | 7 | 5 | 9 | 1 | 3 | 6 |
| 5 | 3 | 7 | 4 | 6 | 1 | 9 | 2 | 8 |
| 1 | 6 | 9 | 2 | 8 | 3 | 5 | 4 | 7 |
| 6 | 2 | 1 | 9 | 7 | 4 | 8 | 5 | 3 |
| 9 | 5 | 4 | 3 | 2 | 8 | 7 | 6 | 1 |
| 7 | 8 | 3 | 5 | 1 | 6 | 2 | 9 | 4 |
| 4 | 1 | 8 | 6 | 9 | 5 | 3 | 7 | 2 |
| 3 | 7 | 5 | 1 | 4 | 2 | 6 | 8 | 9 |
| 2 | 9 | 6 | 8 | 3 | 7 | 4 | 1 | 5 |

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

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Student/Employee Lanyard Policy:

1. Lanyards must be worn around the neck while on campus, and the ID card must be clearly visible at all times, unless it should be removed for safety reasons or an approved ADA variance.
2. Any lanyard is acceptable, but it must be similar in design and worn in the same manner as the official college lanyard. The color of the lanyard is not critical.
3. No one will be allowed into class without wearing his or her ID/ lanyard.
4. Students who do not have their ID/ Lanyards may pick up a Day Pass at the Campus Safety Office, Campus Safety Substation located at the Rogers Student Center or from a TJC Ambassador. The first Day Pass each semester is free of charge. For all subsequent Day Passes a \$5.00 cost recovery charge will be billed to the student's account.
5. Employees may obtain a Day ID/ Lanyard from their respective Dean's or Director's office.



East Texas Friendly!

Revised 2/1/12

DESCENT TO DARKNESS

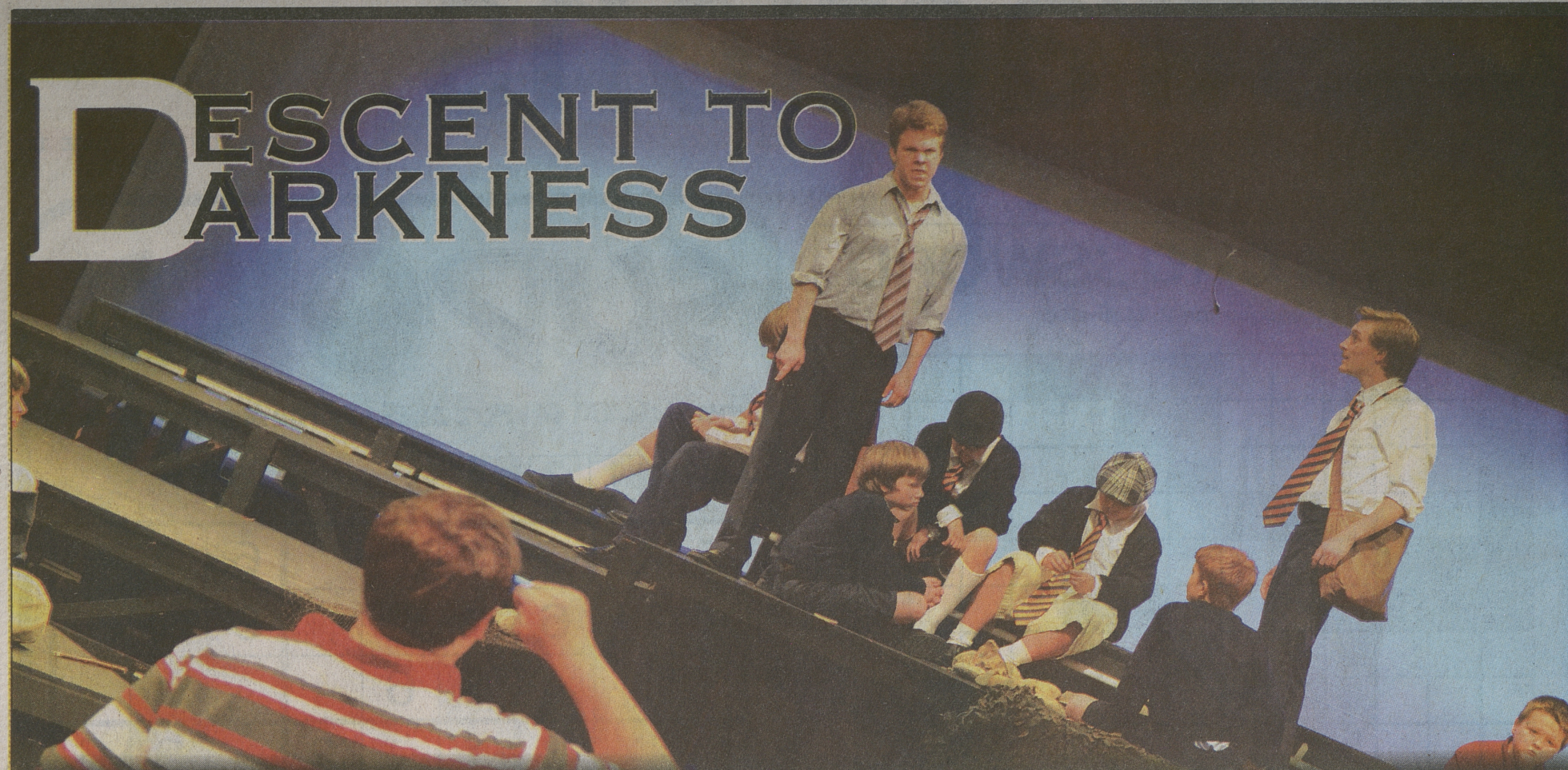


Photo by Kevin Ramos

BEHIND THE SCENES OF TYLER CIVIC THEATRE CENTER NEWEST PRODUCTION "LORD OF THE FLIES"

Kevin Ramos
Online Editor

During rehearsal for "Lord of the Flies", the audience at Tyler Civic Theatre Center sat in darkness.

Dark, ambient music begins to play and panicked bits of news report terror in the streets of London.

The state of alarm is no different than first reports of a major disaster but backstage, Jonathan Baggs, keeps his cool. He's been in this moment plenty of times before. He's ready, waiting for his cue.

"I'm super excited. Ready to get the real show going ... and play in front of people," said Baggs, business major at TJC.

A hellish spectacle is cast as red lights blanket the stage from above. Baggs runs out, alongside 16 of his fellow actors. They form black silhouettes against the red background as they take their positions on the makeshift evacuation plane. Their decent to madness begins.

"For Tyler, and especially this venue specifically, it's definitely something people haven't seen here before. And I really hope that intrigues people and will make them want to come out," said "Lord of the Flies" Director Justin Purser.

Despite being in the final stretch of rehearsal, laughter echoes throughout the theatre prior to the show's last few run-throughs. Purser's enthusiasm for the approaching opening day masks his heavy eyes, using Starbucks coffee as

fuel to keep his energy up.

Purser has been involved with TCTC for close to nine years, since he was 13. He took acting lessons, like many kids who walk through the doors of the theatre, but soon found his true passion was behind the scenes, not on stage.

"As I got older, I was able to dabble more with more of the technical aspect of it. That's where I really realized where I wanted to be ... backstage designing, you know, tech, light or directing, which is what I really enjoy doing," said Purser. "Being able to tell a story and make people feel, hopefully what you intend them to feel."

For two of the actors of "Lord of the Flies," TCTC has also played an important role in their lives.

"These guys taught me everything I know ... They had a hand in cultivating me," said Ryan Castner, who plays Ralph in the show.

Dressed in an unkempt dress shirt and tie for his upcoming crash landing on the island, he continues to attribute his acting ability to the theatre.

"Everything from on the stage to off the stage ... I've learned most of what I know right here in this building and it's been fun. I

haven't been bored one single time in my ten years here."

James Burns, Piggie in the show, shares similar thoughts.

"I've come to think of it as a place where I can come to whenever I'm having a bad day ... and it makes it a good day," said Burns.

Cameron Ames, one of the younger members in the production

at the age of eight, has two specific goals for his life.

"I want to be a rock star and a movie star," said Ames.

An answer his parents sitting nearby weren't surprised to hear.

TCTC

offers programs that enable young men and woman an outlet to learn the dramatic arts, stage work and technical work.

The Acting Conservatory provides a variety of workshops for students ages 5-18, including the fundamentals of acting and vocal lessons for musical theatre. Many students grow up involved in these classes, such as Purser, Castner and Burns.

Depending on your age bracket, one can choose from different lessons to focus on for a semester, lasting about four months each.

"We do try to educate, enrich and entertain with what we do," said Samantha Copas-

Greene, TCTC board and education committee member and one of the producers for "Lord of the Flies."

As well as providing education classes, descriptive theatre is now being offered for all shows being given at TCTC. For those that are hearing or visually impaired, members from The Arc of Smith County, a non-profit, volunteer organization that specializes in aiding those with disabilities, come in and either sign the show for the hearing impaired or act out the show through description for those visually impaired.

According to Copas, this will enable everyone to have the theatre experience.

TCTC, like all non-profit organizations, is heavily dependent on donations from the community and volunteer work.

Dave Dickson, technical director for "Lord of the Flies," is a full time missionary, along with his wife, who donates his time to TCTC. He mentions that volunteers are always needed and behind the scene work is just as important as stage work.

"People more accustomed to being on stage think because they don't get cast for a part then there's no place for them. They don't realize everything that goes into making a show happen," said Dickson.

For more information on how to volunteer, sign up for classes, upcoming shows and auditions contact (903) 592-0561 or visit TCTC's website at www.tylercivictheatre.com.

"I haven't been bored one single time in my ten years here."

**-Ryan Castner
Ralph, Lord of the Flies**



Photo by Kevin Ramos

HEARTS OF DARKNESS The cast of "Lord of the Flies" marvel at their kill as they harness their savage instincts.